

# Module: Managing Stress



## **Purpose**

To introduce individuals in the workplace to the knowledge necessary to recognize and manage stress.

## **Prerequisites**

None

## **Learning Objectives**

- Explain how to recognize the causes and signals of stress;
- Explain how to identify ways to manage stressful situations; and
- Develop personal strategies for managing stress.

## **Length**

Approximately 1 hour

## **Instructor**

Currently authorized American Red Cross Health and Safety Services instructor or an Injury Control Module leader.

## **Certification Requirement**

Attend and participate in all module activities, discussions and complete the self-assessment.

## **Certificate Issued and Validity Period**

Managing Stress - None

## **Participant Products/Materials**

*American Red Cross Workplace Training: Managing Stress (StayWell Stock No. 656612)*